



Southern Health
NHS Foundation Trust

Fareham & Gosport School Nursing Team
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Dear Parent/Carer

Re: Impact of Covid 19 restrictions on completion of the School Entrant Health Assessment

You will have received an introductory letter from the School Nurse Service when your child started school in September 2020. The letter provided details about our service and your child's School Entrant Health Assessment which includes a vision screen and height and weight measurement as part of the National Child Measurement Programme.

Where your consent was given we completed the vision screen and sent the results of this to you.

However, in line with Covid-19 guidance the National Child Measurement Programme was postponed and therefore not carried out in the majority of schools. The impact of this is that your child will not be seen for a height and weight measurement this year. The National Child Measurement Programme includes children in year R and year 6 only, therefore this will not be offered again until your child is in Year 6, when a letter about this will be sent to you.

If you have any concerns about your child's growth that you would like to discuss with a school nurse, please contact your local school nurse team on the number above. Alternatively, you can contact us via our text messaging service which is detailed below.

You can find information and advice about healthy lifestyles on our website, just search for Hampshire Healthy Families or scan the QR code at the bottom of this letter. This resource provides fun activities for children and also provides health information and top tips for parents, including access to workshops.

Top tips include:

1. Swapping high sugar breakfast cereals for toast, porridge or a plain cereal.
2. Providing child-sized food portions, just right for their age – search Change4Life for more information.
3. Reducing sugary snacks and drinks – use Change4Life's free Food Scanner app to help you find healthy snacks and drinks for your child.
4. Using Change4Life 10 minute shake-ups – a fun easy way to help your child get active and count towards their 60 active minutes a day.
5. Using the free Smart Recipes app from Change4Life to find ideas for healthy family meals and kids' lunch boxes.
6. Sticking to three regular meals a day and eating together whenever possible – this can help children learn healthy eating patterns.

For other useful information and support search online:

- NHS UK/ncmp4
- Change4Life
- Hampshire Family Information and Services Hub

How to contact your School Nurse

Southern Health NHS Foundation Trust School Nurse Service offers a text messaging service called ChatHealth. Parents and carers can text their query to a dedicated number, which a health professional will respond to within one working day. The support that we offer may include providing health information and advice or signposting you to other services, as necessary.

For parents and carers of school-aged children: Text **07507 332417**.

Text messages sent to the ChatHealth number will be charged at your normal call rate. The service is available from 9 am - 4:30 pm Monday -Thursday and 9 am - 4 pm Friday (inclusive of school holidays excluding bank holidays).

You can also contact your local School Nurse team on the number at the top of the letter, the service is available Monday to Friday throughout the year, including during school holidays (excluding bank holidays).

Please use the link or QR code at the bottom of this letter for access to the Hampshire Healthy Families Health for Kids page, which also includes access to a variety of health information for parents.

Yours faithfully

Fareham & Gosport School Nurse Service



[Health for Kids | A fun and interactive resource for learning about health](#)